WHAT IS CLAIMED IS:

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- 1. A breathable fastening system comprising a first breathable mechanical fastener surface and a second large area breathable fastener having at least an area with projections, said fastener having an integral film backing which film backing has a porosity of from 0.0001 to 0.005 cm³, a backing thickness of from 25 to 200 μm, a stiffness of from 10 to 2000 Gurley stiffness units and a projection containing surface area of at least 10 cm².
- 2. The breathable fastening system of claim 1 wherein the backing thickness of the large area fastener is from 50 to 150 microns.
 - 3. The breathable fastening system of claim 1 wherein the fastener has a stiffness of from 10 to 200 Gurley stiffness units.

4. The breathable fastening system of claim 1 wherein the backing thickness is from 50 to 150 microns and the stiffness is from 10 to 200 Gurley stiffness units.

- 5. The breathable fastening system of claim 1 wherein the projections are hooks and the hook containing surface area is from 20 to 70 cm².
- 6. The breathable fastening system of claim 1 wherein the projections and hooks and hook density is at least 50 hooks/cm².
- 7. The breathable fastening system of claim 6 wherein the hook density is from 70 to 300 hooks/cm².
 - 8. The breathable fastening system of claim 1 wherein the projections are hooks and the hook density is less than 100 hooks/cm².
 - 9. The breathable fastening system of claim 8 wherein the hook density is less than 50 hooks/cm².

10. An absorbent garment comprising a breathable body engaging portion, the garment having an inner face and a breathable outer face where the outer face has a fibrous surface over at least a portion and attached to a portion of the garment a breathable hook patch engagable with the outer face fibrous surface comprising a breathable hook fastener having a film backing and integral hook elements wherein the backing thickness of the hook fastener is from 25 to 200 µm.

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- 11. An absorbent garment of claim 10 wherein the backing thickness of the hook fastener is from 25 to 200 μ m, and the hook containing surface area of the backing is at least 10 cm², the backing has a porosity of from 0.0001 to 0.005 cm³ and a stiffness of from 10 to 2000 Gurley stiffness units.
- 12. An absorbent garment of claim 10 wherein the hook fastener has a stiffness of from 10 to 200 Gurley stiffness units.
 - 13. An absorbent garment of claim 11 wherein the backing thickness is from 50 to 150 microns and the stiffness is from 10 to 200 Gurley stiffness units.
- 20 14 An absorbent garment of claim 11 wherein the hook containing surface area is from 20 to 70 cm².
 - 15. An absorbent garment of claim 11 wherein the hook density is at least 50 hooks/cm².
 - 16. An absorbent garment of claim 11 wherein the hook density is from 70 to 300 hooks/cm².
- 17. An absorbent garment of claim 10 wherein the hook density is less than 100 hooks/cm².

- 18. An absorbent garment of claim 10 wherein the hook density is less than 50 hooks/cm².
- 19. A self-engaging wrap having a first face and a second face, the wrap comprising a breathable fibrous loop engagable to a breathable hook fastener comprising a breathable body engaging portion, the wrap having an inner face and an outer face where the outer face has a fibrous surface over at least a portion of the outer face and attached to a portion of the wrap a breathable hook fastener engagable with the outer face fibrous surface the breathable hook fastener having a film backing and integral hook elements wherein the backing thickness of the hook fastener is from 25 to 200 µm.

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- 20. The self-engaging wrap of claim 19 wherein the backing thickness of the hook fastener is from 25 to 200 μ m and the hook containing surface area of the backing is at least 10 cm² and the backing has a porosity of from 0.0001 to 0.005 cm³ and a stiffness of from 10 to 2000 Gurley stiffness units.
- 21. The self-engaging wrap of claim 19 wherein the hook fastener has a stiffness of from 10 to 200 Gurley stiffness units.
- 22. The self-engaging wrap of claim 19 wherein the backing thickness is from 50 to 150 microns and the stiffness is from 10 to 200 Gurley stiffness units.
 - 23. The self-engaging wrap of claim 19 wherein the hook density is at least 50 hooks/cm².
 - 24. The self-engaging wrap of claim 19 wherein the hook density is from 70 to 300 hooks/cm².
- 25. The self-engaging wrap of claim 19 wherein the hook density is less than 100 hooks/cm².

26. The self-engaging wrap of claim 19 wherein the hook density is less than 50 hooks/cm².